

Livre De Cuisine Tupperware A Telecharger

Culinary Landmarks is a definitive history and bibliography of Canadian cookbooks from the beginning, when La cuisinière bourgeoise was published in Quebec City in 1825, to the mid-twentieth century. Over the course of more than ten years Elizabeth Driver researched every cookbook published within the borders of present-day Canada, whether a locally authored text or a Canadian edition of a foreign work. Every type of recipe collection is included, from trade publishers' bestsellers and advertising cookbooks, to home economics textbooks and fund-raisers from church women's groups. The entries for over 2,200 individual titles are arranged chronologically by their province or territory of publication, revealing cooking and dining customs in each part of the country over 125 years. Full bibliographical descriptions of first and subsequent editions are augmented by author biographies and corporate histories of the food producers and kitchen-equipment manufacturers, who often published the books. Driver's excellent general introduction sets out the evolution of the cookbook genre in Canada, while brief introductions for each province identify regional differences in developments and trends. Four indexes and a 'Chronology of Canadian Cookbook History' provide other points of access to the wealth of material in this impressive reference book. The incredible story of Brownie Wise, the Southern single mother—and postwar #Girlboss—who built, and lost, a Tupperware home-party empire Before Mary Kay, Martha Stewart, and Joy Mangano, there was Brownie Wise, the charismatic Tupperware executive who converted postwar optimism into a record-breaking sales engine powered by American housewives. In Life of the Party, Bob Kealing offers the definitive portrait of Wise, a plucky businesswoman who divorced her alcoholic husband, started her own successful business, and eventually caught the eye of Tupperware inventor, Earl Tupper, whose plastic containers were collecting dust on store shelves. The Tupperware Party that Wise popularized, a master-class in the soft sell, drove Tupperware's sales to soaring heights. It also gave minimally educated and economically invisible postwar women, including some African-American women, an acceptable outlet for making their own money for their families—and for being rewarded for their efforts. With the people skills of Dale Carnegie, the looks of Doris Day, and the magnetism of Eva Peron, Wise was as popular among her many devoted followers as she was among the press, and she become the first woman to appear on the cover of BusinessWeek in 1954. Then, at the height of her success, Wise's ascent ended as quickly as it began. Earl Tupper fired her under mysterious circumstances, wrote her out of Tupperware's success story, and left her with a pittance. He walked away with a fortune and she disappeared—until now. Originally published as Tupperware Unsealed by the University Press of Florida in 2008—and optioned by Sony Pictures, with Sandra Bullock attached to star—this revised and updated edition is perfectly timed to take advantage of renewed interest in this long-overlooked American business icon.

Since its first publication in France in 1969, Fernand Point's 'Ma Gastronomie' has taken its place among the true classics of French gastronomy. It is as celebrated for Point's wise, witty and provocative views on food as for his remarkable, inventive recipes, carefully compiled from his handwritten notes.

The Promise of Plastic in 1950s America

A Novel

Portraits croisés

Livre De Cuisine De Repas Véganes Pour Athlètes

Revue française de sociologie

Grand Livre De Cuisine: Alain Ducasse's Culinary Encyclopedia

Draws on the author’s work at the Philadelphia Anxiety and Agoraphobia Treatment Center to outline a self-guided program that combines multiple treatment methods and focuses on relapse prevention and recovery.

Beloved, best-selling science writer Mary Roach ’ s “ acutely entertaining, morbidly fascinating ” (Susan Adams, Forbes) classic, now with a new epilogue. For two thousand years, cadavers – some willingly, some unwittingly – have been involved in science ’ s boldest strides and weirdest undertakings. They ’ ve tested France ’ s first guillotines, ridden the NASA Space Shuttle, been crucified in a Parisian laboratory to test the authenticity of the Shroud of Turin, and helped solve the mystery of TWA Flight 800. For every new surgical procedure, from heart transplants to gender confirmation surgery, cadavers have helped make history in their quiet way. “ Delightful—though never disrespectful ” (Les Simpson, Time Out New York), Stiff investigates the strange lives of our bodies postmortem and answers the question: What should we do after we die? “ This quirky, funny read offers perspective and insight about life, death and the medical profession. . . . You can close this book with an appreciation of the miracle that the human body really is. ” —Tara Parker-Pope, Wall Street Journal “ Gross, educational, and unexpectedly sidesplitting. ” —Entertainment Weekly

Learn to cook classic French cuisine the easy way with this French bestseller from professionally trained chef Jean-Francois Mallet. Taking cooking back to basics, Simplissime is bursting with easy-to-follow and quick recipes for delicious French food. Each of the 160 recipes in this book is made up of only 2-6 ingredients, and can be made in a short amount of time. Recipe steps are precise and simple, accompanied by clear photographs of each ingredient and finished dish.

Cooking has never been so easy!

Plant-Based Gourmet

Des d é buts... à la fin

La br è che du Tupperware

Cuisine et vins de France

Easy, Fun, and Delicious Meals to Enjoy Outdoors

Simplissime

When your nemesis also happens to be your fiancé, happily ever after becomes a lot more complicated in this wickedly funny, lovers-to-enemies-to-lovers romantic comedy debut. Naomi Westfield has the perfect fiancé: Nicholas Rose holds doors open for her, remembers her restaurant orders, and comes from the kind of upstanding society family any bride would love to be a part of. They never fight. They’re preparing for their lavish wedding that’s three months away. And she is miserably and utterly sick of him. Naomi wants out, but there’s a catch: whoever ends the engagement will have to foot the nonrefundable wedding bill. When Naomi discovers that Nicholas, too, has been feigning contentment, the two of them go head-to-head in a battle of pranks, sabotage, and all-out emotional warfare. But with the countdown looming to the wedding that may or may not come to pass, Naomi finds her resolve slipping. Because now that they have nothing to lose, they’re finally being themselves—and having fun with the last person they expect: each other.

#1 New York Times bestselling author Sophie Kinsella returns with her trademark blend of sparkling wit and playful romance in this page-turning story of a wedding to remember—and a honeymoon to forget. Lottie just knows that her boyfriend is going to propose, but then his big question involves a trip abroad—not a trip down the aisle. Completely crushed, Lottie reconnects with an old flame, and they decide to take drastic action. No dates, no moving in together, they’ll just get married . . . right now. Her sister, Fliss, thinks Lottie is making a terrible mistake, and will do anything to stop her. But Lottie is determined to say “I do,” for better, or for worse. Praise for Wedding Night “Sophie Kinsella is beloved by millions—her books are properly mood-altering. Wedding Night is funny, fast, and farcical. I loved it.”—Jojo Moyes, bestselling author of Me Before You “[A] fun novel that’s as light and bubbly as a glass of wedding champagne.”—USA Today “Filled with laugh-out-loud moments, this is Sophie Kinsella at her wittiest. . . . An engrossing novel.”—Bookreporter “You won’t be able to stop reading. . . . The narrative gallops along with humorous scenes and great one-liners.”—The Daily Mail “A fast-paced, hilarious comedy [with] a charming cast of characters.”—Kirkus Reviews

A stunning guide brimming with 150 recipes to make high-end plant-based cuisine at home. Plant-based meals can be a cornucopia of colors, shapes, textures, and mouthwatering flavors—a source of boundless opportunities for creativity in the kitchen. In Plant-Based Gourmet, 150 original recipes for vegans and the veg-curious will delight nutrition-minded home chefs and foodies alike. Featured inside are dinners and brunches, hors d'oeuvres, sides, drinks, and desserts—items like vegan sushi, charcuteries, roasts, and confits, vegan cheeses and mayos, sous vide truffles, a triple-layer cheesecake, and crèmes brûlées. Also included is guidance for stocking up, allergy substitutions so everyone can enjoy, easy-to-follow instructions for advanced techniques like sous vides and foams, and plating and styling tips, so you can make Instagram-worthy dishes that will have your friends asking what restaurant you dined at. This delicious and richly illustrated volume was created by plant-based gourmet chef Suzannah Gerber, “Chef Suzi,” and features spectacular photographs by food photographer Tina Picz-Devoe and a foreword by Afton Cyrus of America’s Test Kitchen.

Books: subjects; a cumulative list of works represented by Library of Congress printed cards

Comme les deux doigts

Ma Gastronomie. Fernand Point

Life of the Party

Tupperware

Freedom from Obsessive-compulsive Disorder

Classes populaires, milieux populaires, quartiers populaires, électorat populaire... Autant d’expressions récurrentes dans les discours médiatiques et les débats politiques. Pourtant, la notion demeure floue, le « populaire » étant perçu tantôt comme une figure sociale inquiétante, tantôt comme une figure à revaloriser. Revenant sur plusieurs décennies de recherches et s’appuyant sur des travaux récents, cet ouvrage propose une analyse sociologique inédite. Après un retour sur la constitution d’une sociologie des classes populaires en France et ses enjeux, chaque chapitre comporte un cadrage empirique et une mise en perspective théorique : qui sont les ouvriers et les employés aujourd’hui ? Quels conditions et modes de vie caractérisent ces hommes et ces femmes ? Quelles sont les dynamiques qui animent ces groupes et en modifiant sans cesse les contours ? Fondé sur des données historiques, statistiques et des enquêtes de terrain, enrichi de nombreux encadrés, ce manuel propose une lecture d’ensemble de la société française contemporaine, vue à partir des groupes populaires, qui en composent la majeure partie.

On peut cuire autre chose que du riz dans un cuiseur à riz ! Découvrez 90 recettes super faciles à préparer sans poêle ni four ni casserole, seulement avec votre rice cooker ! Peu d’ingrédients à acheter ; des produits hyper simples à trouver ; un temps de préparation limité ; quelques gestes seulement pour un résultat qui en jette dans l’assiette !

From Wonder Bowls to Ice-Tup molds to Party Susans, Tupperware has become an icon of suburban living. Tracing the fortunes of Earl Tupper's polyethylene containers from early design to global distribution, Alison J. Clarke explains how Tupperware tapped into potent commercial and social forces, becoming a prevailing symbol of late twentieth-century consumer culture. Invented by Earl Tupper in the 1940s to promote thrift and cleanliness, the pastel plasticwares were touted as essential to a postwar lifestyle that emphasized casual entertaining and celebrated America's material abundance. By the mid-1950s the Tupperware party, which gathered women in a hostess's home for lively product demonstrations and sales, was the foundation of a multimillion-dollar business that proved as innovative as the containers themselves. Clarke shows how the “party plan” direct sales system, by creating a corporate culture based on women's domestic lives, played a greater role than patented seals and streamlined design in the success of Tupperware.

Livres hebdo

Culinary Landmarks

The Art of French Baking

Delicious and Easy Recipes for Low Carb Bars, Keto Fat Bombs, and Ketogenic Bread!

What Katie Ate

Instructors Manual

Easy, delicious, family-friendly recipes to cook at your next campout—whether that’s in the woods or in your own backyard! The Family Camp Cookbook is a book for everyone who enjoys cooking and eating outdoors. Whether you need to learn how to pack your first cooler or you’re looking for kid-friendly recipes to enjoy after a day spent outdoors, you'll learn how to plan, prep, and cook as a family when you don't have the comforts of a full kitchen. Start out by learning how to build a fire easily at your campsite, or use the "sure-fire" guides for mastering any grill. With planning lists and prep steps for the recipes, you'll quickly go from unpacking to firing up your first meal. The recipes inside include a wide variety of updated camp classics and dishes you’d never have thought to cook at camp. Cooking techniques range from live-fire roasting and foil-pack cooking to family-style dinners in the Dutch oven. (Yes, you can almost “set it and forget it” like a slow cooker if you know what you’re doing!) Chapters and recipes include: Breakfasts cover a whole range of options to start the day right, like Make-Ahead Granola, The Best Fluffy Pancakes (with topping bar!), Dutch Oven Coffee Cake, Skillet Biscuits, kid-friendly Frittata, Chilaquiles, and a Hash Brown Breakfast Burrito. Lunches and packables: If you’re camping, chances are the mid-day meal is fuel away from the campsite. (These ideas are also great for day trips and picnics!). Recipes feature a variety of handhelds such as Farmer’s Lunch Sandwiches and Chickpea Salad with Pitas as well as easy-to-eat salads and soups and a few trail mixes and snacks to eat by the handful. Dinners: Ah, the main event after a hard day of hiking, paddling, or whatever else floats your boat (or inner tube). Settle in with DIY Ramen Bowls, One-Pan Picadillo, Naan Pizzas, Italian Sausage Burgers, loaded Foil-Baked Sweet Potatoes, or a Skillet "Lasagna," among other options. Treats: Break out the S'mores Galores, but don't stop there! Build a Banana Boat, fire up a Dutch Oven Strawberry Cake, or treat everyone to a Campfire Cobbler or Cracker Crust Pudding Pie. Of course, there’s nothing quite like waking up in the woods...unless you don’t know how to make camp coffee. Not to worry: tasty (and essential) beverages are included as well, from that rustic cowboy cup of caffeine to restorative fruit punches. There are even a few cocktails for the adults to enjoy by the fire a little later in the evening. No matter the size of your group or the time you have to spare, make your next adventure a delicious one!

Do you follow a keto diet but miss ready-to-go snacks and bars? If so, Keto Bars and Keto Snacks: Delicious and Easy Recipes for Low Carb Bars, Keto Fat Bombs, and Ketogenic Bread! by Zara Elby is THE book for you! Whilst it is common knowledge that a ketogenic lifestyle is beneficial for health and wellness, it can still be hard adjusting and restricting your diet. Our book 'Keto Bars and Snacks' offers a huge variety of keto food including low carb bread, keto protein bars, keto fat bombs, low carb cookies, pies, and savory keto snacks. There is no need to miss out any longer! Why choose this book? This book includes our tried and tested high protein, low carb recipes, teaching you THE BEST ways to help promote weight loss, fat burn, increase your energy, and suppress your hunger! Our book includes the most nutritious ingredients and recipes to keep you fuller and satisfied for longer. Our recipes are easy to follow and will help curb those carb cravings! What is inside? Introduction to a Ketogenic Diet Perfect Keto Bars Keto Cookies Ketogenic Pies Keto Bombs Keto Bread Savory Keto Snacks And much, much more! What are you waiting for? Kickstart your life now by downloading this book! See you inside!

Stop counting calories and transform your body while eating all the foods you love with The Everything Macro Diet Cookbook! You can finally stop counting calories and start eating foods that bring you joy! With the macro diet, no food is off limits. You can eat just about anything, just in specific portion sizes and still lose weight and gain lean muscle. The Everything Macro Diet Cookbook is an introduction to this flexible diet that can help anyone lose weight without having to avoid your favorite foods that may contain fats or carbs. Based on the simple formula that balances the daily intake of protein, fat, and carbohydrates, the macro diet is gaining in popularity as people discover they can shed pounds without feeling deprived. The Everything Macro Diet Cookbook not only includes an introduction to the diet that is changing lives, but also 300 recipes for every meal and sample meal plans to make shopping and meal prep easier than ever! This book gives you all you need to transform your body while eating what you love!

Everyday Lunches To Go

Christian Millau, une vie au galop

Livres de France

90 suppers from scratch/15 minutes prep

Cuisiner avec un rice cooker

The UNIX-haters Handbook

The ultimate recipe collection and food-preparation guide based on the French chef author's philosophies about how good food should stimulate each of the senses shares seven hundred French and Mediterranean recipes that incorporate ten key cooking styles, in a detailed reference that provides for a wide range of ingredients and courses.

Bento fever has recently swept across the West, fuelled not just by an interest in cute, decorative food, but by the desire for an economical, healthy approach to eating in these times of recession. A leading light in the popularization of bento has been Makiko Itoh, whose blog, Just Bento, boasts hundreds of thousands of subscribers, all of whom love her delicious recipes and practical bento-making tips. Now, for the first time, Itoh's expertise has been packaged in book form. The Just Bento Cookbook contains twenty-five attractive bento menus and more than 150 recipes, all of which have been specially created for this book and are divided into two main sections, Japanese and Not-so-Japanese. The Japanese section includes classic bento menus such as Salted Salmon Bento and Chicken Karaage Bento, while the Not-so-Japanese section shows how Western food can be adapted to the bento concept, with delicious menus such as Summer Vegetable Gratin Bento and Everyone Loves a Pie Bento. In addition to the recipes, Itoh includes sections on bento-making equipment, bento staples to make and stock, basic cooking techniques, and a glossary. A planning-chart section is included, showing readers how they might organize their weekly bento making. In a market full of bento books that emphasize the cute and the decorative, this book stands out for its emphasis on the health and economic benefits of the bento, and for the very practical guidelines on how to ensure that a daily bento lunch is something that can easily be incorporated into anyone's lifestyle. This is the perfect book for the bento beginner, but will also provide a wealth of new bento recipe ideas and tips for Just Bento aficionados.

Beginning with 1953, entries for Motion pictures and filmstrips, Music and phonorecords form separate parts of the Library of Congress catalogue. Entries for Maps and atlases were issued separately 1953-1955.

Chocolate & Zucchini

A Bibliography of Canadian Cookbooks, 1825-1949

Wedding Night

Keto Bars and Keto Snacks

La fabuleuse histoire de la cuisine française

Daily Adventures in a Parisian Kitchen

In a cookbook based on her popular blog, ChocolateandZucchini.com, a young Parisian shares her cooking philosophy with a collection of more than seventy-five recipes that emphasize natural, healthy ingredients, along with favorite cravings including chocolate, in such dishes as Cumin Cheese Puffs, Tomato Tatin, Mustard Chicken Stew, and Yogurt Cake. Original. 25,000 first printing. The definitive and most comprehensive cookbook of traditional and authentic home cooking vegan dishes from 150 countries around the world.”—Vegan Magazine With nearly 500 vegetable-driven recipes, Vegan: The Cookbook, inspired by cuisines around the work, brings vegan home cooking to new levels of deliciousness.Featuring dishes from countries ranging from Albania to Zambia, it

showcases the culinary diversity of vegan cuisine, highlighting regional fruits and vegetables, traditional cooking techniques, and universally delectable flavours. Home cooks will discover sweet and savoury starters, soups, salads, mains, and desserts for all to enjoy, accompanied by straightforward instructions and gorgeous colour photography.

Une comédie de mœurs de la gastronomie new-yorkaise. Foodista talentueuse, mais jeune et naïve, Tia Monroe s’installe à New York avec de grandes ambitions : côtoyer les stars du dining et devenir l’une d’elles. Mais du chef étoilé au critique gastronomique du New York Times, tout le monde la méprise et la manipule…Roman d’apprentissage à la sauce aigre-douce, Petites Infamies en cuisine ne ménage ni son héroïne ni la galerie de figures à la mode du monde de la grande cuisine. Jessica Tom les épingle tous, depuis le critique qui a perdu le sens du goût et s’offre sans vergogne et à peu de frais le talent de l’héroïne pour écrire à sa place, jusqu’à l’ambitieux des fourneaux, prêt à la séduire pour atteindre plus vite la gloire. Résidente de Brooklyn, berceau de toutes les expériences culinaires, Jessica Tom dépeint les travers et les excès d’un petit monde qu’elle connaît bien, en observatrice lucide et amusée. Bientôt portée à l’écran par les Studios Dreamworks A propos de l’auteur : Jessica Tom est écrivain et blogueuse culinaire. Elle a participé à diverses initiatives pilotes dans le domaine de la restauration (restaurants, food trucks) et de l’hôtellerie. Ancienne étudiante de Yale, aux Etats-Unis, où elle était chargée de la rubrique gastronomique pour le Yale Daily News Magazine, elle a étudié la littérature anglaise et l’écriture de fiction. Petites infamies en cuisine est son premier roman. Elle vit aujourd’hui à New York, dans le quartier de Brooklyn. Traduit de l’anglais (Etats-Unis) par Clément Ribes, avec Jean-Michel Bettembourg.

At the Weekend

Fondements et politiques économiques, économie et territoire

Manhattan et moi

The Remarkable Story of How Brownie Wise Built, and Lost, a Tupperware Party Empire

You Deserve Each Other

Vegan Cuisine for the Home Chef

From éclairs to soufflés and macaroons to madeleines, when it comes to desserts, no one does it better than the French. Beautiful, elegant and delicious, French desserts are easy to create at home as only a few basic recipes are needed to make some of the world's most renowned cakes and tarts. The Art of French Baking is the definitive collection of authentic French pastry and dessert recipes. From Tarte Tatin and Hazelnut Petit Fours to Cherry Tartlets and Choux Buns, it contains more than 350 simple recipes that anyone can follow at home. The book also includes details of basic equipment and techniques and information on how to troubleshoot common baking problems. Along with beautiful photographs and illustrations throughout, The Art of French Baking is an inspiring collection to celebrate the sweet tastes of France. The book was translated and edited by Parisian home cook, Clotilde Dusoulier, of the famed food blog chocolateandzucchini.com.

SOUS LA CEINTURE est le livre 3 de la série de mystère Holly Hands, qui commence avec K.-O. (livre 1). Les fans de Stephanie Plum de Janet Evanovich et de Miss Fortune de Jana DeLeon trouveront un nouveau personnage à aimer en Holly Hands ! Holly Hands. 29 ans. Mère célibataire. Disgraciée, ancienne pro de la boxe. Huissière. Holly se demande si c’est une blague quand on lui confie son nouveau travail : la saisie d’un hélicoptère. Elle ne sait pas voler. Elle n’aime même pas être en hauteur. Pourtant, quand on veut, on peut. Holly peut tout gérer, tant qu’il n’y a pas un autre cadavre. Malheureusement pour elle, c’est le cas. Heureusement, Holly a Lucky à ses côtés – un pit-bull abandonné qu’elle a trouvé au cours d’un mauvais plan et qui refuse de la quitter – et qui, comme elle, ne peut que remonter la pente. Ensemble, peut-être qu’ils pourront se frayer un chemin hors de l’enfer urbain de leur bas quartier de Baltimore, où il est bien plus dangereux de rentrer chez soi la nuit que d’aller travailler. Peut-être qu’Holly parviendra à donner à sa jeune fille le traitement médical dont elle a un besoin vital, et à la sortir de sa dangereuse école publique pour la faire entrer dans l’école privée de ses rêves. Et peut-être qu’elle tombera amoureuse du père de cette école privée, qui vit de l’autre côté de la ville, et commencer une toute nouvelle vie. Ou peut-être pas. La vie n’a jamais été facile pour Holly. Et si les derniers jours en sont un signe, elle va devenir bien pire. SOUS LA CEINTURE (UN MYSTÈRE HOLLY HANDS) est le livre 3 d’une nouvelle série de mystères cozy et fascinants, un thriller qui vous saisit dès la première page, vous fait tourner les pages et ne vous lâche pas. Préparez-vous à lire toute la nuit, les yeux écarquillés, et à tomber follement amoureux d’un nouveau personnage qui se frayera un chemin jusqu’à votre cœur. D’autres livres dans cette série seront bientôt disponibles.

Manhattan et moi ? C’est une longue histoire… Pour tout vous dire, ça fait vingt-trois ans que j’attends de quitter ma petite banlieue morose pour vivre la vraie vie – entendez : soirées branchées à gogo, boîtes à la mode et razzias de fringues sexy dans la ville-qui-ne-dort-jamais ! Si, en plus, j’avais le début d’un commencement d’une chance de plaire à Rob King, le mec le plus craquant de ma boîte – accessoirement mon patron –, la vie deviendrait carrément cool, vous ne croyez pas ? Seul hic dans cette histoire : pour habiter à Manhattan, il faut faire quelques sacrifices… et quand on a des vues sur son boss, il faut s’attendre à quelques surprises… Mais ne croyez pas que ces petites contrariétés de rien du tout vont m’empêcher de réussir, moi, Eve Vitali !

Library of Congress Catalog

La France à l'aube des années 90

Petites infamies en cuisine

The Everything Macro Diet Cookbook

The Family Camp Cookbook

Vegan: The Cookbook

Tu n ’ as qu ’ à dire oui, un simple oui. Mais le oui ne vient pas, tu n ’ y penses même pas. Parce que le moment est absurde, parce qu ’ il fait froid, parce que tu es fatiguée. Parce que tu es en rage aussi, très vite. Tu ne veux pas céder. Tu as vingt ans, tu es une étudiante consciencieuse, tu viens de passer la soirée à travailler. Alors tu engueules Simone, tu la sommes de t ’ ouvrir, tu la traites de folle… Tu hurles, tu hurles et tu la pousSES, tu tentes de la faire bouger. Mais tu as beau pousser, t ’ acharner, Simone oscille à peine, revient toujours en place. Ce petit bout de femme ne bouge pas, Simone est là où elle doit être, elle est convaincue, elle est fanatique, elle ne bougera pas. Toi et Simone, Simone et toi. Intimement liées par le jaillissement de la psychose quand elle t ’ a expulsée de son ventre.

TRANSFORM THE WAY YOU COOK DINNER WITH THE MEALS IN MINUTES PLAN OF ATTACK! Donal's Meals in Minutes is all about real, honest, fast food made with simple ingredients and clever cooking methods that are the building blocks for delicious home-cooked suppers. These recipes require minimum equipment and ingredients to deliver speedy suppers, ready to serve straight to the table! If you've been in a cooking rut, this is the book to change your approach to the kitchen. Donal has delivered 90 fuss-free, flavour-packed recipes, including many from his Meals in Minutes TV series. He has divided the book into six chapters based on how people shop and cook, allowing you to choose a delicious meal that suits the shape of your evening every night. One Pot: Throw it all in one pot, literally, and let the hob or oven do the work. Including Thai Chicken Stew, Cauliflower Mac & Cheese Bake and Mexican Tortilla Soup One Pan: Complete meals from one pan. Including Parsley Cream Cod with Spring Veg, Chimichurri Steak with Baby Gem & Spring Onion and Vietnamese Caramel Salmon with Bok Choy Quick Prep/Slow Cook: Minimal preparation but with a longer cook in the oven whilst you get on with other things. Including Piri Piri Roast Chicken, Slow-cooked Beef Ragù with Pappardelle and Roast Cauliflower Platter with Tahini Yoghurt Six Ingredients: Stripped back to basics with minimal ingredients. Including Chopping Board Tomato & Basil Peso with Pasta, Basil Butter Grilled Salmon with Fennel & Tomato Salad and Beer & Mustard Pork Caesar Salad Grocery-store Suppers: Pick up something ready-made on the way home to jazz up some basic ingredients. Including Moroccan Sausage Meatballs with Harissa Couscous, Bulgogi Beef & Kale Pizza and Creamy Tomato & Chorizo Ravioli Soup Under 30 Minutes: On the table... in under half an hour. Including Garlic & Rosemary Chicken with Confit Butter Tomato Sauce & Gnocchi, Marinated Feta Salad with Good Greens & Grains and Thai-style Veggie-packed Dirty Fried Rice

****Avec images, informations nutritionnelles et instructions simples ****
Vous pensez que la cuisine végane est morne et fade ? Vous pensez que le nombre de plats composés de simples carottes est réduit ?Ce Livre de cuisine de repas végétanes pour athlètes propose 100 recettes de plats pour végétanes parmi les plus sains et les plus délicieux, riches en protéines : soupes et collations, salades et desserts, ainsi que de merveilleuses boissons parmi lesquelles les smoothies tiennent une place importante. Ce livre de recettes végétanes vous explique en détail les étapes pour cuisiner des aliments qui seront consommés à une date ultérieure, ainsi que la façon de préparer des portions de plats à l ’ avance.Que vous soyez très occupé ou parent, ce livre de recettes végétanes vous aidera de bien des façons: vous gagnerez du temps, en éliminant la question quotidienne que nous nous posons tous : « Que vais-je préparer pour dîner ce soir ? ». Vous économiserez de l ’ argent et éviterez les achats impulsifs à la boutique. Vous réduirez les gaspillages de nourriture, ce qui vous fera économiser d ’ autant plus. Ce livre garantit que vous cuisinez des aliments variés et créez des repas bien équilibrés et nutritifs. Il vous permet de réduire vos achats de repas à emporter et d ’ aliments déjà préparés et traités. Vous confectionnerez des desserts délicieux assez nutritifs pour tenir lieu de repas. Découvrez une mine de petits déjeuners simples, de déjeuners rapides et bien plus… Le fait de savoir ce que vous allez préparer pour le dîner chaque soir élimine le stress et l ’ ennui de la cuisine quotidienne. Vous serez sûr de pouvoir préparer des repas simples et savoureux pour la famille et les amis. Ce livre de cuisine diététique basé sur les plantes sera utile pour: – ceux et celles qui veulent cuisiner des repas savoureux plus sains à la maison, – les parents qui veulent nourrir leur famille avec un régime nutritif équilibré, – les parents qui veulent découvrir des idées de collations saines pour leurs enfants.– les personnes qui veulent économiser de l ’ argent sur leurs achats alimentaires et limiter le gaspillage de nourriture, – ceux et celles qui veulent organiser la préparation de leurs repas afin d ’ économiser du temps et de réduire le stress et les efforts liés à la cuisine à domicile, – enfin ceux et celles qui veulent établir un planning de repas idéal adapté au style de vie de leur famille. Vous aimeriez pouvoir préparer des repas végétariens auxquels votre famille est attachée, apprendre comment confectionner des plats végétanes sains et créer des portions savoureuses d ’ aliments végétanes, alors vous avez sous la main ce que vous recherchez ! Procurez-vous immédiatement un exemplaire de cet inestimable Livre de cuisine de repas végétanes pour athlètes et commencez à cuisiner des plats simples et sains dès aujourd ’ hui !

Donal's Meals in Minutes

Sociologie des classes populaires contemporaines

Le livre de la croix

A Personalized Recovery Program for Living with Uncertainty

The Easiest French Cookbook in the World

300 Satisfying Recipes for Shedding Pounds and Gaining Lean Muscle

Éminent professeur de religion et d'archéologie à Harvard, Cal Donovan est appelé en urgence au Vatican. Dans le plus grand secret, il doit donner son avis d'expert sur un cas mystérieux : un jeune prêtre arbore les stigmates de la Crucifixion et affirme avoir des visions mystiques. Est-ce une imposture, une supercherie ? D'abord sceptique, Donovan est stupéfait de constater que l'homme de foi souffre de vraies blessures et qu'elles ressemblent étrangement à celles infligées à Jésus sur la Croix. Et les choses prennent une nouvelle tournure inquiétante quand le prêtre est enlevé. Le professeur Donovan n'est pas le seul à s'intéresser à ce cas miraculeux. Pourquoi une société secrète, les terrifiants chevaliers de Longin, est-elle prête à tout pour découvrir la clé des stigmates ? Un secret millénaire qui serait une véritable bombe à retardement s'il tombait entre de mauvaises mains...

This book is for all people who are forced to use UNIX. It is a humorous book--pure entertainment--that maintains that UNIX is a computer virus with a user interface. It features letters from the thousands posted on the Internet's "UNIX-Haters" mailing list. It is not a computer handbook, tutorial, or reference. It is a self-help book that will let readers know they are not alone.

Christian Millau eut plusieurs vies : journaliste au Monde, à L' Express, au Point, mais aussi à la revue Opéra que dirigeait Roger Nimier. Chroniqueur gastronomique, il créa avec son complice Henri Gault sa revue puis son guide. Ensemble, ils contribuèrent au renouveau de la cuisine française, à sa renommée internationale, et à la découverte de ses nouveaux chefs, Paul Bocuse en tête. Enfin, Christian Millau se consacra à l'écriture. Il publia notamment aux éditions de Fallois Au galop des Hussards, témoignage de l'aventure littéraire de ce mouvement ; et plusieurs ouvrages dont Journal impoli, Journal d'un mauvais Français ou encore Dictionnaire d'un peu tout et n'importe quoi aux éditions du Rocher.Sous la direction de François Jonquères, les textes inédits de Gilles Martin-Chauffier, Thomas Morales, Stéphanie des Horts, Philippe Bilger, Bruno de Cessole, François Cérésa, Guy Martin, Marc Veyrat, Yves Thréard, Marc Lambron... lui rendent hommage. S'y mêlent des lettres, des mots de Michel Déon, Antoine Blondin, Roger Nimier, Blaise Cendrars, Paul Morand, Jacques Chardonne, Marcel Aymé... Des portraits croisés qui nous replongent dans le tourbillon littéraire des années 1950 aux côtés de ces impertinents.

Sous la ceinture (Un mystère Holly Hands – Livre 3)

Stiff: The Curious Lives of Human Cadavers

The Just Bento Cookbook